The Silent Hostess

TREASURE BOOK

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the SILENT HOSTESS Treasure Book

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General Electric Company
Electric Refrigeration Department
Cleveland, Ohio

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How to use this book

This Silent Hostess Treasure Book is arranged to assist you in making the greatest use of your General Electric Refrigerator.

Read the suggestions given in the first few chapters. Use the menus on Pages 22-50, and the recipes on Pages 52-90, to carry out these ideas. On Page 91, you will find some generally helpful hints. On Page 93, you will find directions for the use and care of your refrigerator. Use the index, starting on Page 98, freely.

Foreword

FORTUNATELY those days are past when the homemaker must sacrifice all outside interests for the sake of her home.

First came the electric iron—the steps it saved from the stove to the ironing board and back again amounted to several miles a year. Next, the washing machine, to save backs from aching and knuckles from cracking—and again a saving of time. And then the vacuum cleaner—what a relief from the tiresome and dirty task of sweeping! Each new electric appliance contributes its share to the lightening of household tasks.

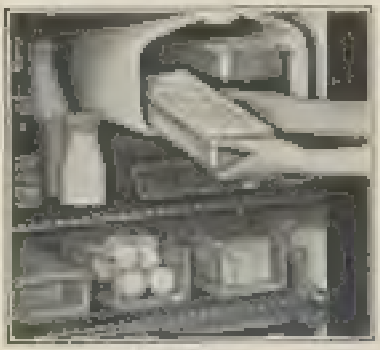
And now the electric refrigerator. Not only can it save the housewife time and energy, but it can actually *work* for her. With a little planning on her part it can take an *active* part in the preparation and serving of her meals.

This new and latest contribution to efficient homemaking has untold possibilities for the housewife. She is already familiar with the fact that it contributes greatly to her family's good health, by maintaining a constant low temperature and insuring proper food protection. But so many new avenues are now open to owners of electric refrigerators that few yet appreciate its full value.

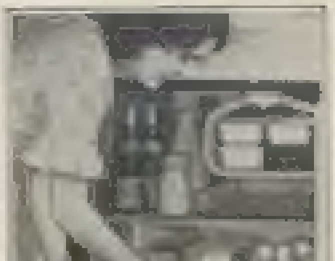
It is with the hope that we may be able to point out some of its many advantages and indicate just a few of the ways in which it will save the busy homemaker time and energy that we present this book.

The Multi-Temperature Feature of the General Electric Refrigerator

Throughout this book you will find that we refer to (1) *Super-freezer*, (2) *Chiller*, (3) *Cabinet*, and (4) *Vegetable Pan*—features of the General Electric Refrigerator explained by these photographs and descriptions.


Super-freezer

Chiller


Cabinet and Vegetable Pan

The *Super-freezer* provides a quick-freezing temperature for making ice cubes and frozen desserts. The intensity of its cold may be regulated by the accessible temperature regulator on the top of the refrigerator.

The *Chiller*, by reason of its proximity to the *Super-freezer*, provides an extra cold temperature for storing frozen foods and extra ice cubes, as well as a space for the quick congealing of desserts and the quick freshening of radishes, celery and other relishes.

The *Cabinet*, with its roomy sliding shelves, provides space for keeping foods safe, fresh and wholesome. Its low, dry temperature — always below 50° — insures proper refrigeration and palatable dishes.

The *Vegetable Pan* provides a covered cold storage for keeping fresh vegetables and fruits in an ideal condition.

Save Time in Your Kitchen

LET YOUR GENERAL ELECTRIC REFRIGERATOR WORK FOR YOU

YOUR General Electric Refrigerator is always ready and willing to work for you. It has a constant, low, dry temperature to keep your food in perfect condition, and accordingly you are provided with many opportunities to save time, money and energy in buying, preparing and serving food.

YOU CAN SAVE YOURSELF MANY TRIPS TO MARKET

In your General Electric Refrigerator, food will keep fresh for several days. Therefore, you can buy in larger quantities—enough for three or four days at a time, and with assurance that the food will keep fresh until used. Many helpful marketing suggestions are given on Pages 9 and 10.

YOU CAN PREPARE MEALS IN ADVANCE

It means a great deal to busy homemakers to be able to use their time to advantage. With your General Electric Refrigerator to aid you, you can do much of your meal preparation in advance by putting to good use those "odd moments" which occur in every household every day. The foods you prepare in advance can be safely kept in your General Electric Refrigerator until you are ready to use them. Here are some of the things you can do which will relieve that last-minute confusion at mealtime and leave you free to enjoy the company of your family and guests:

Make up salad dressings, put into jars.

Prepare lettuce or other salad greens.

Mix up a recipe for Refrigerator Rolls (Page 65); (the dough will keep for a week or more).

Make a supply of pastry (Page 89), wrap in waxed paper.

Make aspic jelly (Pages 49 and 50) and keep in jars.

Make a batch of refrigerator Cookie dough (Page 84), wrap in waxed paper.

Make medium thick white sauce and keep in tightly covered jar. It will be ready for creamed soups (Page 78), vegetables, or for scalloped dishes.

Look over the dinner menu and see what can be done in advance.

> Soups: See recipes, Page 18.
>
> Main Dishes: See recipes, Page 42.
>
> Vegetables: Shell, peel or scrape, as the case may be; wash and place in refrigerator cabinet. Prepare Scalloped Potatoes and Tomatoes (Page 44), Baked Corn and other made-dishes, except for the final heating.
>
> Get the dessert out of the way for one or more meals. See Hot Desserts (Page 58); Chilled and Frozen Desserts (Pages 67 and 68).

OFTEN AS MANY AS THREE MEALS CAN BE PREPARED AT ONE TIME

Every homemaker knows that it is the actual cooking of meals which is most confining. Why not double up on this time-consuming process? You can make your work easier by planning menus for two or three days ahead and then arranging your plan so that most of the cooking can be done in quantities sufficient for several meals. Food you cook today and plan to use later may be safely stored in your General Electric Refrigerator *Cabinet*. To help you lighten your cookery tasks, we offer a week of family menus on Pages 22 and 23. These are planned as a unit, with left-overs taken care of in soups, meat pies, casserole and other appetizing dishes.

GUEST MEALS NEED NOT WORRY YOU

If a part of one shelf in your refrigerator is reserved for an "emergency corner," it will be space well spent. Keep it stocked with a supply of little luxuries, and you can transform a family meal into a gala affair in no time. When unexpected guests—or expected guests, for that matter—arrive, it will prove its worth in more ways than one. Here are some suggestions for your "corner":

Bottled tomato or clam juice cocktail (recipe, Page 35).

Supplies to make sandwich fillings (Page 58).

Relishes for canapés and other hors d'oeuvres such as anchovies, anchovy paste, caviar, olives, pickles (see recipes for Cocktails and Relishes, Pages 32 and 34).

Pimientos; they will keep for two weeks without molding, if put into a covered jar and kept in your refrigerator.

Parsley will keep fresh for a week to ten days, if washed and kept in a covered jar or in your *Vegetable Pan*.

Refrigerator Rolls; if you keep a batch of the dough for Refrigerator Rolls (Page 65) always on hand, you can have delicious hot rolls on very short notice.

Pastry, too, keeps well in the dry, cold air of your refrigerator. It comes in handy for cheese straws, tarts and patties, and the chilling makes them especially light and flaky (recipes, Page 86).

Dessert sauces will keep well in covered jars. With them you can often prepare a "hurry-up" dessert that will please the whole family (Page 67).

SUNDAY NIGHT SUPPERS OR LUNCHEONS FOR ONE

With the opportunities your emergency corner offers, you will find it quite an easy matter to prepare a delightful Sunday night supper for your family or guests. Or, if you are alone for luncheon, there is always something to make that "pick-up" meal attractive and interesting. The menus on Pages 22-30 will give you suggestions for such occasions.

THE SCHOOL OR PICNIC LUNCH

If your children take their luncheons to school or if you are ever called upon to pack up picnic lunches, you know how hard it is to think of something different for sandwich fillings. And yet variety is necessary in that otherwise monotonous lunch box. Children become so tired of the same old sandwiches every day! But now the problem is solved. You can make up several kinds of fillings in advance and keep them in your General Electric Refrigerator *Cabinet*. (See suggestions for sandwich fillings on Page 88.)

MAKE MORE LEISURE FOR YOURSELF AND ENJOY IT

If you will do a little planning ahead and let your General Electric Refrigerator work for you, you will be able to cut your kitchen tasks to minimum. By marketing less frequently, and by doing much of your preparation in advance, you can make considerable leisure for yourself. It is with these thoughts in mind that we offer the suggestions in this book.

• Cutting Down Food Bills •

LARGER MARKET ORDERS WILL SAVE YOU MONEY

No doubt [illegible] have noticed that [illegible] per quart [illegible]. For example [illegible] cents a pound [illegible] pounds for [illegible] 25 cents. [illegible] General Electric Refrigerator [illegible] preserving [illegible] possible [illegible] quantities and thus save money.

On [illegible] such as [illegible] chops and [illegible] [illegible].

Such savings [illegible] sizeable sum [illegible] the end of the year [illegible] to take advantage [illegible] the many [illegible] offer.

[illegible] difference [illegible] between [illegible] can of shortening [illegible] a pound of cheese—and [illegible] now save.

LEFT-OVERS ARE VALUABLE—DON'T WASTE THEM

With your [illegible] be wasted [illegible].

[illegible] several [illegible] and 90

DON'T WASTE PERISHABLES EITHER

Thanks to the perfect [illegible] fect condition.

[illegible] the spoilage of perishables [illegible]

DESSERTS CAN BE INEXPENSIVE AND DELICIOUS TOO

Desserts can be made [illegible] and ends [illegible] made [illegible] desserts [illegible] recipes on Pages [illegible] desserts, too, are [illegible] to make [illegible] and [illegible] served (recipes Pages 68-78)

ENTERTAINING NEED NOT BE COSTLY

On [illegible] make [illegible] guest [illegible] and [illegible] hostess suggestions.

More than a Thousand Meals a Year

A[illegible] make each meal a [illegible]

No [illegible] during the last [illegible] getting them [illegible] questions and answers [illegible] problems which [illegible]

WHY MUST WE EAT?

[illegible] takes out what it needs.

Question [illegible]

Answer [illegible]

Question [illegible]

Answer [illegible]

Question [illegible]

Answer [illegible] of sugar [illegible] and other [illegible] a day.

[illegible]

Answer [illegible]

THE PROTECTIVE DIET

A [illegible]

HOW TO PLAN YOUR MEALS

W[illegible]

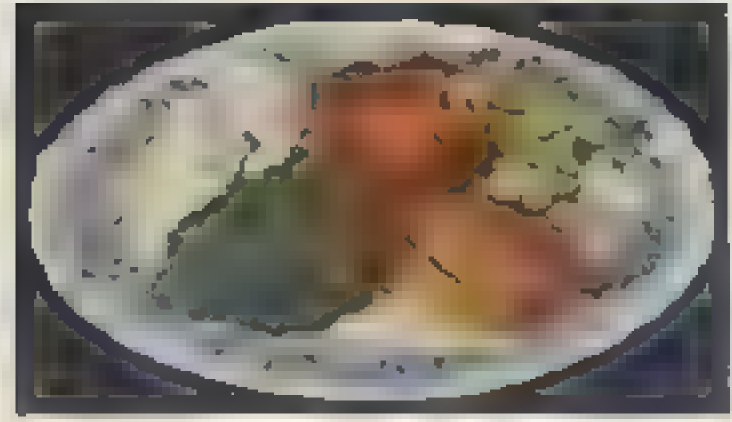
[illegible]

[illegible] tops.

[illegible] (Page 53) will be a treat.

[illegible]

[illegible]



[illegible]

YOUR GENERAL ELECTRIC REFRIGERATOR HELPS YOU AT EVERY MEAL

[illegible] Refrigerator can [illegible] big part in [illegible] as you will see by the following suggestions.

[illegible] Recipes, Page [illegible]

[illegible] Refrigerator.

[illegible] page [illegible]

VARIETY IN YOUR MENUS IS IMPORTANT

[illegible]

[illegible] party use.

Protect Your Family's Health

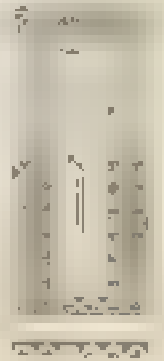
WITHOUT doubt the health of your family means more to you than anything else in the world. You are willing to make every effort to protect it. You learn the [illegible] ways to plan [illegible] meals, and to prepare these meals in the [illegible] way you know how. But do you know how essential to good health is the proper care of food in the home? Do you know why food spoils and how you can prevent it?

All foods contain certain tiny organisms known as bacteria and molds. When given the proper conditions these grow and multiply rapidly. Like other things they grow [illegible] need warmth, moisture and air. Temperature [illegible]. The important problem, therefore, [illegible] of your foods is to make conditions [illegible] proper preservation that bacteria cannot develop.

50° IS THE SAFETY POINT

When food is spoiled, it sometimes shows it by an unpleasant look, taste or odor. But it is possible for food to be contaminated though it appears good. Food may contain many harmful bacteria without showing outward signs of spoilage.

The only way to be sure you are doing your part is to keep food at a low, even temperature, below 50° F., in clean conditions, and in an atmosphere which is pure and fairly dry.



Your General Electric Refrigerator solves this problem. It provides:

(1) A low, even temperature always below 50° F.

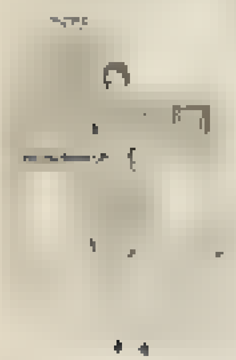
(2) An atmosphere not too moist nor too dry.

(3) A [illegible]

As a user, then, of a General Electric Refrigerator you can feel confident that your food is being properly [illegible] and [illegible] cared for.

IN WINTER, REFRIGERATION IS JUST AS IMPORTANT

Constant low temperature is essential for the proper preservation of the food in the home. Even in winter the temperature [illegible] goes up and down with changes in the atmosphere. Often these changes [illegible] well above the [illegible] point. Changes of even a few degrees give the [illegible] organisms of spoilage their chance. It is necessary, therefore, that constant low [illegible] such as the General Electric Refrigerator assures be provided for the safe keeping of the family food supply.



THEN TOO FOODS LOSE THEIR HEALTH VALUE WHEN IMPROPERLY KEPT

Foods kept under improper conditions, even for a short period of time—undergo certain changes [illegible] these foods. Proteins deteriorate and there is a loss of minerals and vitamins. [illegible] is especially important [illegible] milk [illegible] formula prepared from milk, the slightest deterioration immediately affects the baby's health. Food values [illegible] must be protected by means of the safe refrigeration your General Electric Refrigerator provides.

THE CARE OF FOOD IN YOUR REFRIGERATOR

Your General Electric Refrigerator requires very little assistance from you in caring for your food. [illegible] You help [illegible] ways. By keeping it clean and arranging the food [illegible] in its food compartments. On [illegible] and directions for cleaning; below are some suggestions for the care and arrangement of food.

Milk. [illegible] caps and [illegible] water [illegible] in upper shelf.

Butter. [illegible]

Cheese. [illegible] wrapped in waxed paper [illegible] compartment [illegible] covered dish.

Meat. [illegible] from the market; scrape or wipe [illegible] just before cooking, as it draws [illegible] juices and [illegible]

Fish. [illegible] paper [illegible] The fish odor is [illegible] absorbed [illegible] should be taken with fish.

Poultry. [illegible] should be [illegible] washed inside and out with [illegible] drained and wiped with a clean cloth. Keep in [illegible] shelf of Cabinet.

Eggs. Keep [illegible] basket [illegible] complete [illegible]

[illegible] Never keep bananas in the refrigerator.

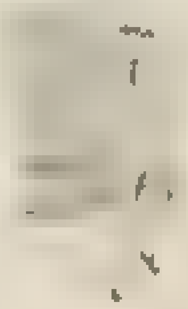
[illegible]

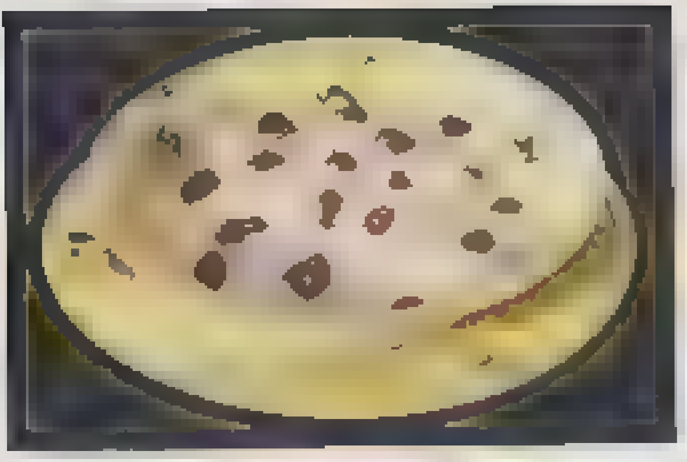
[illegible]

[illegible]

FOOD CONTAINERS

[illegible]





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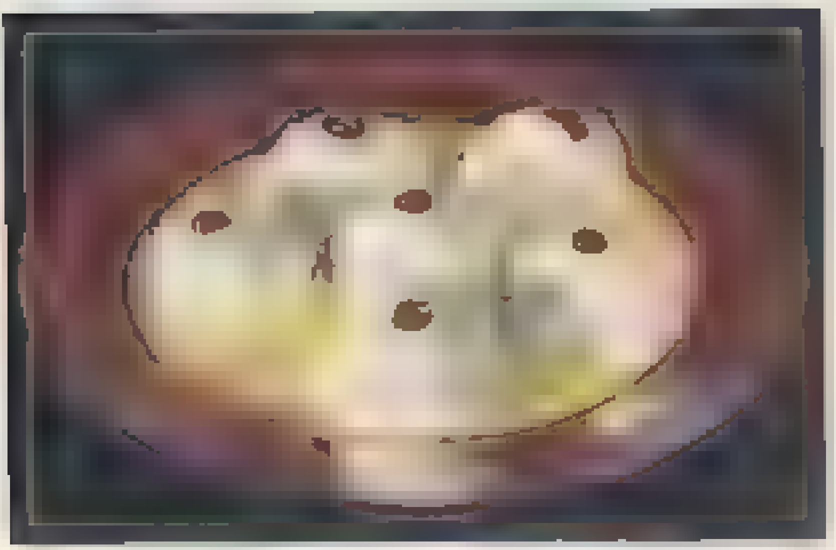


[illegible]

• Entertaining Is an Art •

[illegible]

[illegible]

[illegible]

Serve it easily and quickly

[illegible]

YOUR GENERAL ELECTRIC REFRIGERATOR SIMPLIFIES ENTERTAINING

[illegible]

IF YOU ARE WITHOUT A MAID

For the home-maker without a maid [illegible] is most economical and enjoyable [illegible] Sunday night supper. See Page [illegible] for the [illegible] served [illegible] of [illegible] menus, pages [illegible] preparation of those that can be [illegible] in advance [illegible] in each menu. Or you [illegible] prefer.

ENJOY YOUR PARTIES WITH YOUR GUESTS

For even luncheon and dinner parties you can prepare almost everything in advance. On [illegible] there are menus of those which [illegible] and [illegible] work [illegible] planning [illegible] have as much [illegible] of [illegible] have been taken care of and you [illegible] your [illegible] and let them enjoy you.

UNEXPECTED GUESTS SHOULD HOLD NO TERRORS

No more [illegible] delicatessen for sauces and cold meats or to the corner drug store for ice cream. Your own refrigerator will keep supplies [illegible] and [illegible]. And with the helps suggested on page [illegible] a family meal can be transformed into a guest dinner in little or no time.

SOME SUGGESTED MENUS

Family Meals

SUNDAY

BREAKFAST

Chilled Grapefruit

[illegible]

[illegible]

DINNER

[illegible]

SUPPER

[illegible]

MONDAY

BREAKFAST

Oranges

Wheatena with Top Milk

[illegible] Milk

LUNCHEON

[illegible]

DINNER

Cream of Carrot Soup*

Meat Pie

[illegible] Potatoes [illegible] Buttered [illegible]

Orange and Lemon Sherbet* [illegible] Coffee

TUESDAY

BREAKFAST

[illegible] French Toast [illegible]

[illegible] Milk

LUNCHEON

Stuffed Peppers*

Baked Custard*

[illegible]

WEDNESDAY

BREAKFAST

[illegible] Milk

---

*Recipe will be found in recipe chapters

[illegible]

Baking Powder [illegible] Sauce*
[illegible] Milk

[illegible]
Spiced Apples [illegible]
[illegible] Spring Salad [illegible]

THURSDAY

BREAKFAST

Stewed [illegible]
Oatmeal with Top Milk
Toast Coffee Marmalade

LUNCHEON

[illegible]
Bacon [illegible]
Tea Milk

DINNER

[illegible] Orange [illegible]
[illegible] Spring Onions
[illegible]

FRIDAY

BREAKFAST

Stewed Apricots Oatmeal with Top Milk
French Toast Maple Syrup Coffee Milk

LUNCHEON

Cheese [illegible] with Tomato Sauce
[illegible]
Baking Powder Biscuit*
Tea Chocolate Blanc Mange* Milk

DINNER

[illegible] Cream [illegible]
[illegible] Mashed Potatoes
[illegible] Coffee

SATURDAY

BREAKFAST

[illegible]
[illegible] Coffee Milk

LUNCHEON

[illegible]

DINNER

[illegible] with
[illegible]
[illegible] Coffee

[illegible]

Guest Meals

LUNCHEONS

(1)

[illegible] Pear [illegible]

[illegible]

[illegible]

(2)

Supreme Cocktail*

Asparagus [illegible]

Ham Mousse*

[illegible]

Vanilla Ice Cream Sandwich*

Tea

DINNERS

(1)

Tomato Juice Cocktail*

[illegible]

[illegible]

(2)

[illegible] Mushrooms [illegible]

Tomato [illegible]

Tea

*Recipe will be fo[illegible]

[illegible]

[illegible]

Meals for Week End

SATURDAY LUNCH

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

SATURDAY DINNER

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

SUNDAY BREAKFAST

[illegible]
Waffles
[illegible]
[illegible]

SUNDAY DINNER

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

SUNDAY SUPPER

[illegible]
Pickles and Olives
[illegible]
[illegible]

MONDAY BREAKFAST

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

**Recipe will be found in recipe chapters.*

Typical Party Menus

THANKSGIVING DINNER

Shrimp Cocktail*
Roast Turkey
[illegible]
[illegible]
Carrots in Butter
Cranberry Jelly
Tomato Jelly Salad*
Saltines
Mince Tarts with Vanilla Ice Cream*
Nuts
Fruit
Mints
[illegible]

CHRISTMAS DINNER

[illegible]
Roast Goose
[illegible]
[illegible]
[illegible]
[illegible]
Refrigerator Rolls*
Stuffed Celery Salad
Plum Pudding
[illegible]
[illegible]
[illegible]
Coffee

BRIDGE LUNCHEONS

(1)

Molded Chicken Salad*
[illegible]
[illegible]
Chocolate Surprise Cake*
[illegible]
[illegible]
Coffee

(2)

Frozen Pear Salad*
Hot Buttered Scones*
Stuffed Celery*
Ginger Ale Float*
[illegible]
[illegible]

*Recipe will be found in recipe chapters

Typical Party Menus

INFORMAL TEA

Chicken and [illegible] Sandwiches
Assorted [illegible] Sandwiches
[illegible]
Assorted Pastries* [illegible] [illegible]
Hot Tea Iced Tea*
Crystallized Ginger

FORMAL TEA

Assorted Canapes
[illegible] Sandwiches
Pimiento Sandwiches [illegible] Toasts*
[illegible]
Salted Nuts [illegible] [illegible]
[illegible]
[illegible]
[illegible] Crystallized Ginger [illegible]

AFTER THEATRE SUPPERS

[illegible]
[illegible]
[illegible]
Coffee

(2)

Scalloped Oysters
Pickles and Olives [illegible]
Coffee

(3)

[illegible] Soup
[illegible] [illegible]
[illegible]

*Recipes [illegible]

Typical-Party Menus

SUNDAY NIGHT SUPPERS

(1)

Russian Canapes*
Stuffed Tomatoes in Aspic*
[illegible] [illegible]
Caramel Ice Cream*

(2)

Salmon Soufflé
Individual Supper Salad*
[illegible]
Pineapple Mint Sherbet*
Coffee

CHILDREN'S PARTIES

(1)

[illegible]
Date and Marshmallow Sandwiches on Nut Bread
Chocolate Milk Shake*
[illegible]

(2)

Fruit Bouquet in Orange Baskets
[illegible]
Lemonade*
[illegible]
[illegible]

WASHINGTON'S BIRTHDAY DINNER

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

*[illegible]

Typical Party Menus

VALENTINE LUNCHEON

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Salted N[illegible]

[illegible]

ST. PATRICK'S LUNCHEON

[illegible] Green Mint [illegible]

[illegible]

[illegible]

[illegible]

[illegible] Brownie [illegible]

Coffee

BRIDAL SHOWER LUNCHEON

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Salted Almonds

HALLOWE'EN SUPPER

[illegible]

[illegible]

[illegible]

Pumpkin Tarts [illegible] Sticks

Coffee

PICNIC LUNCH

[illegible] Sandwiches

[illegible]

Sweet Pickles [illegible]

[illegible]

[illegible]

*Recipe will be found in recipe chapters.

Recipes

[illegible]

[illegible]

Cocktails

N[illegible] is more [illegible] to the eye and [illegible] luncheon or dinner than a [illegible] seasoned [illegible] But [illegible] of serving [illegible] cold. Keep [illegible]

GRAPEFRUIT AND ORANGE COCKTAIL

[illegible]

[illegible]

CANNON BALL COCKTAIL

[illegible]

[illegible] Arrange [illegible]

HAWAIIAN COCKTAIL

Sliced pineapple
Oranges

Powdered sugar
Grapes

On a small [illegible] place [illegible] a slice of pineapple. On top of [illegible] of orange [illegible] fill centers with seeded grapes. Sprinkle with powdered sugar and [illegible].

RED RASPBERRY COCKTAIL

[illegible]
[illegible]

4 tablespoons granulated sugar
Mint leaves

Pour lime [illegible] over raspberries and chill [illegible] mint [illegible] and mix with the granulated sugar. Sprinkle over the raspberries and serve in cocktail glasses with a sprig of mint as garnish.

CHERRY AND PINEAPPLE COCKTAIL

[illegible]
[illegible]

[illegible] pineapple juice
[illegible]

[illegible]

SURPRISE COCKTAIL

[illegible]
[illegible]

[illegible] pineapple
[illegible] banana

Pare orange with a sharp knife [illegible] skin. Separate [illegible] pineapple [illegible] banana [illegible]

[illegible]

CLAM JUICE COCKTAIL

[illegible]
4 stalks [illegible]
1 teaspoon grated onion

Salt

[illegible]
or 6 drops Tabasco sauce
Lemon juice

[illegible]

[illegible]

[illegible]

TOMATO JUICE COCKTAIL

4 [illegible] (fresh or canned) 1 tablespoon sugar

[illegible]

COCKTAIL SAUCE

[illegible]

½ teaspoon salt

[illegible]

SHRIMP COCKTAIL

[illegible] fresh shrimps

CRABMEAT COCKTAIL

[illegible]

LOBSTER COCKTAIL

[illegible]

OYSTER OR CLAM COCKTAIL

[illegible]

Relishes

[illegible]

[illegible]

STUFFED CELERY

[illegible]

[illegible]

[illegible]

CELERY CURLS

[illegible] stalks [illegible] pieces. [illegible] [illegible] [illegible] [illegible] lengths [illegible] [illegible] [illegible] [illegible] garnish [illegible] [illegible]

CELERY TRUNKS

Take two [illegible] and [illegible] [illegible] [illegible]

TOMATO SUPREME

[illegible]

Scoop [illegible] [illegible] [illegible] salt [illegible] and pepper [illegible] [illegible] mayonnaise [illegible] dressing. Serve on a small [illegible] lettuce or on shredded lettuce as the first [illegible] luncheon or dinner.

LUNCHEON CANAPÉ

[illegible]

Cut eggs in halves lengthwise and remove the [illegible] through potato ricer [illegible] with a fork. Add [illegible] with equal parts [illegible] dressing. [illegible] [illegible] paprika and parsley [illegible]

RUSSIAN CANAPE

[illegible] caviar Rounds of bread [illegible] Anchovy [illegible]

Spread rounds of bread with anchovy [illegible] creamed butter [illegible] a small amount [illegible] lemon juice [illegible] shredded lettuce or watercress.

Soups

If you are finding [illegible] quart [illegible] in a 2-day schedule you will be glad to know how easy [illegible] cream soups now that you have a General Electric Refrigerator. You can make up a double quantity of [illegible] White Sauce and [illegible] in a quart [illegible]. [illegible] dinner cook [illegible] as directed in the recipes for cream [illegible] and combine with the White Sauce. These [illegible] may be kept in the refrigerator also until [illegible] them.

FOUNDATION WHITE SAUCE FOR CREAM SOUPS

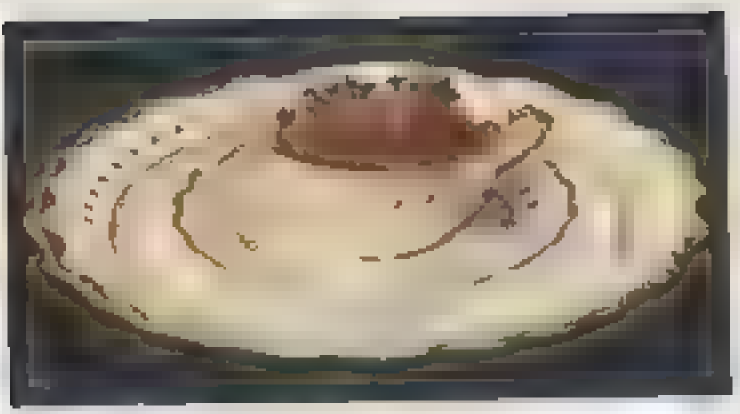
[illegible] salt
[illegible]

[illegible] butter, add flour, salt and pepper and [illegible] milk [illegible] and bring to boiling [illegible]. This may be [illegible] and kept in the [illegible] ready to use.

CREAM OF SPINACH SOUP

[illegible]
[illegible]

Wash the spinach [illegible] salt for [illegible] minutes. [illegible] White Sauce. Add extra seasonings [illegible].



● [illegible]

● [illegible] and [illegible]
and [illegible]

CREAM OF TOMATO SOUP

[illegible]

CREAM OF PEA SOUP

[illegible]

CREAM OF CORN SOUP

[illegible]

CREAM OF CARROT SOUP

4 large carrots [illegible] ½ teaspoon sugar

[illegible]

CLAM BISQUE

[illegible]

CONSOMME

[illegible]

JELLIED CONSOMME

[illegible]

JELLIED TOMATO BOUILLON

[illegible] water [illegible] minutes, [illegible] shallow [illegible] cups, [illegible] lightly [illegible]

JELLIED MUSHROOM SOUP

[illegible] gelatin [illegible] water [illegible]

Main Dishes

W[illegible] (see Pages 5-8).

The following recipes [illegible]

CHICKEN PIE

[illegible]

[illegible]

VEAL PIE

small onion, [illegible]

[illegible] and pepper and [illegible] been [illegible] baking pan and [illegible] oven [illegible] pastry [illegible] top and [illegible] parsley.

STUFFED EGGPLANT

[illegible]

STUFFED PEPPERS

[illegible]

BAKED MACARONI WITH HAM

[illegible]

[illegible] moderate oven (350° F.) for thirty to [illegible] minutes.

LAMB CROQUETTES

[illegible]

Mix [illegible] milk gradually [illegible] with two tablespoons [illegible] paper. (Other meat which [illegible] used [illegible])

CASSEROLE OF LEFT-OVER VEGETABLE

2 tablespoons butter
1 tablespoon flour
½ teaspoon salt
[illegible] teaspoon pepper
Asparagus tips

[illegible] vegetables [illegible] Sauce. Arrange asparagus [illegible] moderate oven [illegible] heated through. [illegible] vegetables [illegible]

SCALLOPED TOMATOES

[illegible]

[illegible] green pepper [illegible] grated [illegible] and [illegible]

[illegible]

[illegible]

[illegible]

SPINACH EN CASSEROLE

[illegible]

[illegible]

FOUNDATION RECIPE FOR FRITTERS

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

FOUNDATION RECIPE FOR SOUFFLE

[illegible]

[illegible]

VARIATIONS

[illegible]

[illegible]

[illegible]

CHEESE FONDUE

[illegible]

[illegible]

CHEESE STRATA

[illegible]

[illegible]

SURPRISE LOAF

[illegible]

[illegible]

[illegible]

[illegible] and serve. Recipe serves 12 to 14

HAM MOUSSE

[illegible]

STUFFED EGGS IN GELATIN MAYONNAISE

[illegible] over boiling water and mix with [illegible] and remove the yolks. [illegible]

CHARTREUSE OF MEAT AND RICE

[illegible]

SWEET POTATOES, SOUTHERN STYLE

[illegible]

Salads

THE first essential in good salads is that the ingredients be fresh, crisp and cold. With the General Electric Refrigerator to help you it is an easy matter to have them so.

When lettuce or other salad greens come from the market, wash them in cold water, remove outside leaves and place in covered bowl or in Vegetable Pan, see Page [illegible]. Lettuce will keep fresh and crisp for several days in this manner.

With a supply of salad greens, a [illegible] dressing and some tomatoes or celery in your refrigerator you will be able to prepare a great variety of delicious salads on short notice. Keep prepared salads in the refrigerator until ready to serve.

LEMON ASPIC

1 tablespoon gelatin [illegible]
[illegible]
[illegible]

2 tablespoons lemon juice
4 [illegible] sugar
[illegible] salt

Soak the gelatin in cold water a few minutes and dissolve in boiling water. Add [illegible] sugar and salt [illegible] may be made up ahead. Serve [illegible] vegetable salads.

TOMATO ASPIC

[illegible]

TOMATO JELLY SALAD

[illegible]

TOMATO CELERY SALAD

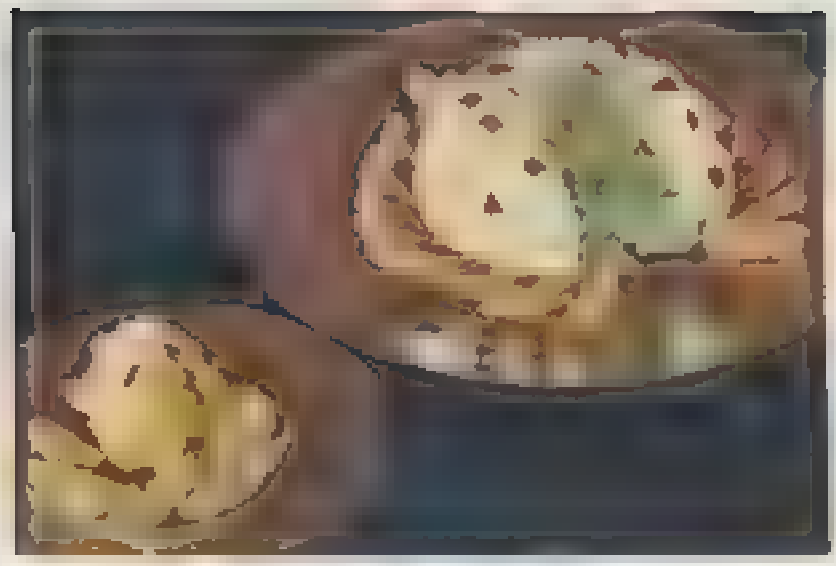
[illegible]

TOMATO CHEESE SALAD

[illegible]

TOMATO-SANDWICH SALAD

[illegible]



[illegible]

[illegible]

STUFFED TOMATOES IN ASPIC

[illegible]

SUMMER SALAD

[illegible]

GOLDEN SALAD

[illegible]

PINEAPPLE AND CUCUMBER SALAD

[illegible]

GINGER ALE FRUIT SALAD

[illegible]

½ cup chopped nut meats

[illegible] few minutes and dissolve [illegible]

Slice banana. Peel and dice apple. [illegible] oranges [illegible] sections and [illegible] membranes. When gelatin mixture begins to thicken, fold in fruit and [illegible]. Turn into mold [illegible]. Serve on crisp lettuce leaves with [illegible] Salad Dressing (Page 37).

FROZEN FRUIT SALAD

[illegible] cheese [illegible]
[illegible]
[illegible] cream, whipped [illegible] pecan nuts

Mash cream cheese and blend with salad dressing. [illegible] add pineapple, [illegible] chopped [illegible] and chopped nuts. [illegible] whipped cream and turn into [illegible] freezer. When [illegible] (This salad should [illegible] longer [illegible] it will become icy.)

CREAM CHEESE SALAD

[illegible] gelatin
[illegible]
2 packages cream cheese or [illegible]
[illegible]

Soak gelatin in [illegible] water five minutes, add [illegible]
Mash cheese, add [illegible] Add [illegible] When ready [illegible] dressing.

FROZEN PINEAPPLE CHEESE

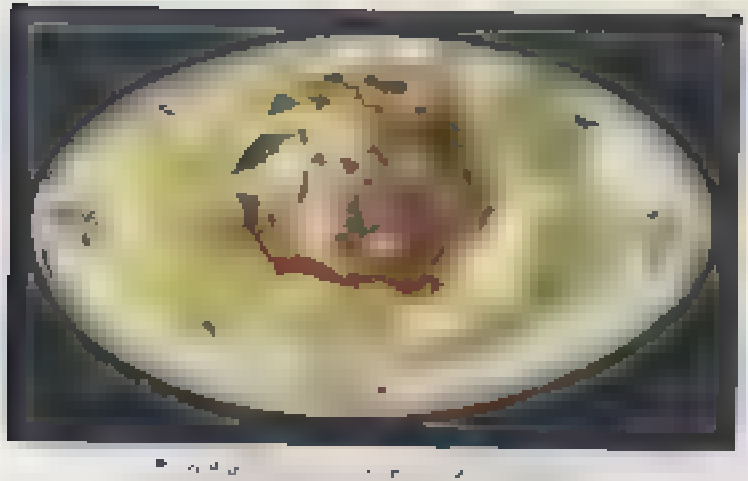
[illegible] gelatin [illegible]
[illegible] dressing [illegible]

Soak gelatin [illegible] water five minutes and dissolve [illegible] cheese [illegible] whipped cream [illegible] into freezing [illegible] garnish with [illegible]

24-HOUR SALAD

[illegible]
[illegible] cream

[illegible]



[illegible]

[illegible]

VEGETABLE SUPPER SALAD

[illegible] gelatin [illegible]

[illegible] boiling water [illegible] celery, cabbage [illegible] ready to serve [illegible] lettuce. Serve with [illegible] supper [illegible] vegetables [illegible]

MOLDED CHICKEN SALAD

[illegible]

Soak [illegible] cold water [illegible] Turn into [illegible] mold [illegible]

TUNA FISH SALAD

[illegible]

Soak the [illegible] in cold water five minutes and dissolve [illegible] Flake the tuna [illegible] Add [illegible] have been [illegible] water [illegible] and garnish with [illegible] and rings of green pepper.

COLE-SLAW

Remove the outside leaves of a firm [illegible] cabbage. Cut in quarters and [illegible] enough [illegible] dressing [illegible] supper.

TOMATOES PARISIENNE

[illegible]

[illegible] and [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] thoroughly and [illegible] with French dressing.

PEA, PICKLE, PEANUT SALAD

[illegible]

Drain liquid [illegible] [illegible] [illegible] and nuts and [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] strips of pimiento.

MACEDOINE SALAD

[illegible]

[illegible] [illegible] beans, peas and [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] making a [illegible] [illegible] serving.

STUFFED CUCUMBER SALAD

[illegible] cucumbers [illegible] salt
[illegible]
[illegible] [illegible] [illegible] chopped onion

Cut [illegible] cucumbers and tomatoes, [illegible] [illegible] [illegible] [illegible] length [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] salt [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] parsley.

RUSSIAN DRESSING

[illegible]

Drain [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] dressing. [illegible] [illegible] together.

MAYONNAISE DRESSING

[illegible]

[illegible]

FRENCH DRESSING

[illegible]

[illegible]

THOUSAND ISLAND DRESSING

[illegible]

[illegible]

COOKED SALAD DRESSING

[illegible]

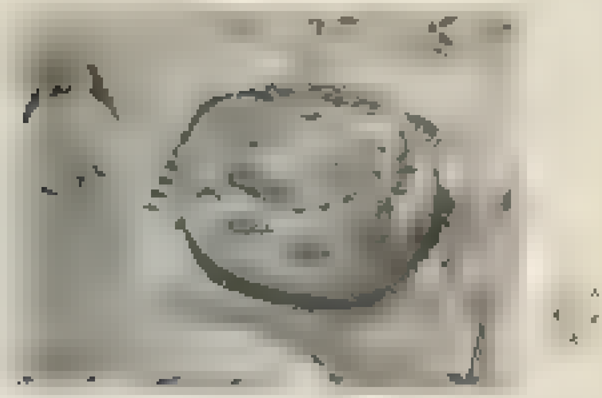
[illegible]

FRUIT SALAD DRESSING

[illegible]

[illegible]

Hot Desserts



Busy home makers are apt to omit hot desserts from their menus because it is too much trouble to mix them up at the last minute. But with the new discovery that the mixing can be done at your convenience, you will want to add them to your cold weather [illegible]

The discovery is this: [illegible] certain batters and dough mixtures will keep for several hours before they are baked without affecting in the least the lightness and tenderness of the finished product. For example, you can make up Molasses Cake or Gingerbread batter, beat and pour into the greased pan, [illegible] When ready [illegible] let stand at room temperature one or two minutes before putting in the oven. The best method of covering the pan is [illegible] thicknesses of heavy waxed paper over it, [illegible] an elastic band around [illegible] keep the paper in place.

MOLASSES CAKE

cup shortening [illegible]
[illegible]
[illegible] molasses [illegible]
[illegible]

Cream [illegible] add sugar gradually. Add [illegible] egg [illegible] mixed with the [illegible] ginger, cinnamon and salt [illegible] greased [illegible] pan [illegible] When [illegible] refrigerator [illegible] baking [illegible] temperature [illegible] mixture [illegible] be made at one [illegible] time and baked [illegible] serve hot for dinner or supper.

COTTAGE PUDDING

[illegible]

Cream the [illegible] add sugar gradually. Add [illegible] and mix well. Mix and sift [illegible] baking [illegible] add [illegible] milk [illegible] greased [illegible] ready to bake [illegible] minutes [illegible] Serve with [illegible] Sauce [illegible] page [illegible]

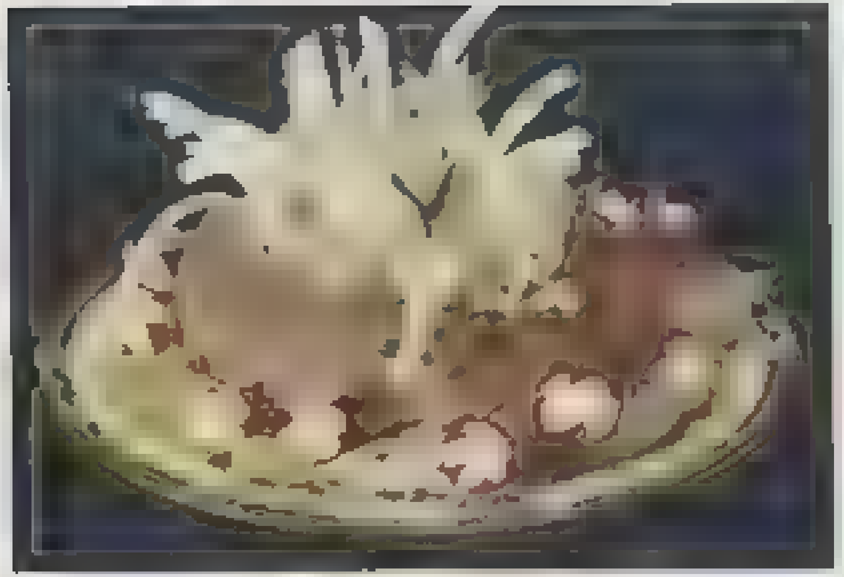
DUTCH APPLE CAKE

Make [illegible] pudding recipe [illegible] of batter. Sprinkle [illegible] with small bits of butter. Cover pan [illegible] sugar. Bake in moderate oven [illegible] about forty to forty-five minutes.

PEACH BROWN BETTY

[illegible]

[illegible] layer of [illegible] nutmeg and salt to [illegible] with a [illegible] of the sugar mixture and dot with small bits of butter [illegible] the process until [illegible] ingredients are used, having a



[illegible]

[illegible]

[illegible]

[illegible] apples [illegible]

APPLE FRITTERS

[illegible] baking [illegible]

[illegible] baking powder and salt. Add milk and [illegible]

UPSIDE DOWN CAKE

[illegible]

[illegible]

Chilled Desserts

WHEN you are [illegible] first [illegible] consider the dessert [illegible] served for a hearty meal and a hearty dessert [illegible] meal. [illegible] a definite part of the menu as is soup [illegible] milk and [illegible] nourishing properties, and should, therefore, be planned for [illegible].

The desserts in this chapter are made for the most part with milk and fruit [illegible] use them in your menus frequently. All may be prepared at your convenience. They should be thoroughly chilled in the [illegible] more quickly in the Chiller [illegible] of your General Electric Refrigerator before serving, in order to bring out the fine flavors of the [illegible] flavorings in them.

BAKED CUSTARD

1 quart milk [illegible] ½ cup sugar
6 eggs [illegible]

Scald milk. Beat eggs [illegible] sugar and [illegible] milk to eggs and sugar [illegible] pan of hot water. Bake in a slow [illegible] baked. Remove from pan [illegible] Serve [illegible] sauce.

FLOATING ISLAND

[illegible]

[illegible]

[illegible]

PEACH TAPIOCA

[illegible]

[illegible] made a day or two in advance.

BLANC MANGE

[illegible]

[illegible]

CHOCOLATE BLANC MANGE

[illegible]

GRAHAM CRACKER REFRIGERATOR CAKE

[illegible]

[illegible]

[illegible]

[illegible]

CHOCOLATE SURPRISE CAKE

[illegible]

PINEAPPLE DELIGHT

[illegible]

MARSHMALLOW APRICOT DELIGHT

[illegible]

SPANISH CREAM

[illegible]

RASPBERRY WHIP

[illegible]

[illegible]

CHARLOTTE RUSSE

[illegible]

[illegible]

[illegible]

ORANGE SPONGE

[illegible]

[illegible]

STRAWBERRY BAVARIAN CREAM

[illegible]

[illegible] sweetness of [illegible]

[illegible]

[illegible]

Dessert Sauces

BUTTERSCOTCH SAUCE

[illegible]

Cook [illegible] and [illegible] water [illegible] the [illegible] Remove from the heat [illegible] and [illegible] Serve [illegible]

LEMON SAUCE

[illegible]
1 cup boiling water
1 egg yolk
[illegible]

Mix sugar [illegible] water [illegible] stirring [illegible] beaten egg yolk and add [illegible]

MELBA SAUCE

[illegible] cup sugar

[illegible] sugar and [illegible] minutes [illegible] Serve [illegible]

CHOCOLATE SAUCE

[illegible] cup sugar
[illegible]
1 cup water
2 tablespoons butter
2 teaspoons [illegible]

Cut chocolate into pieces, add to water and cook until [illegible] Add sugar [illegible] and [illegible] minutes [illegible] add butter and [illegible] and serve at once.

[illegible] may be put into an [illegible] Reheat, add butter and serve.

MAPLE WALNUT SAUCE

[illegible]

Cook [illegible] Remove [illegible]

Frozen Desserts

F[illegible] recipes in this chapter are grouped [illegible] headings: Parfaits and Mousses, Ice Creams, Sherbets and Ices.

Parfaits and Mousses. These mixtures [illegible] you [illegible] ing while they are freezing. They depend for their smoothness [illegible] largely upon the richness of [illegible] cream and upon the air beaten into the cream during whipping.

Ice Creams. As these mixtures contain less cream than Mousses and Parfaits, [illegible] is usually advised to make for a smoother [illegible] product. Excellent results have been obtained by freezing the mixture before the whipped cream is added, then stirring [illegible] that is, when [illegible] cream is folded in. To do this remove frozen mixture to a bowl, beat with egg beater and fold in the whipped cream. Return [illegible] and continue to freeze without stirring. A second stirring after this one has again started to freeze will help make an even smoother product. Do not allow the creams to become [illegible] hard [illegible] they are apt to become icy.

[illegible]

[illegible]

GENERAL RULES FOR FREEZING

[illegible]

[illegible]

[illegible]

[illegible] period are:

(a) The mixture itself

[illegible]

[illegible] and [illegible] minute.

(b) **Food in the refrigerator**

Food should be cool when put into [illegible] ation of air.

(c) **Use of the refrigerator**

The [illegible] freezing.

Mousses and Parfaits

MOUSSE NO. 1

VANILLA MOUSSE

[illegible]

Soak gelatin [illegible] milk and dissolve gelatin [illegible] and beat until [illegible] freezer and freeze without stirring.

PEPPERMINT MOUSSE

[illegible] instead of the sugar [illegible]

MOUSSE NO. 1

VANILLA MOUSSE

[illegible]

[illegible]

CHOCOLATE MOUSSE

[illegible]

[illegible] and [illegible] without stirring.

[illegible]

[illegible]

PEACH MOUSSE

[illegible] cups [illegible] peaches [illegible] extract
½ cup sugar 2 cups cream, whipped

[illegible] and dice peaches, cover with the sugar and let stand one hour. Mash and [illegible] whipped cream [illegible] and almond flavoring. Turn into trays of Super-freezer. Freeze without stirring.

APRICOT MOUSSE

[illegible] apricots [illegible] sugar [illegible] egg whites [illegible] cups cream

Drain apricots and press pulp through a sieve. [illegible] of Super-freezer and freeze [illegible] minutes. [illegible] containing unbeaten egg whites [illegible] light and fluffy. [illegible] cream until stiff, adding [illegible] gradually. [illegible] drained apricots and eggs. Return to Super-freezer [illegible] without stirring.

STRAWBERRY MOUSSE

Hull, wash and drain [illegible] strawberries. Sprinkle with sugar [illegible] stand [illegible] minutes and then [illegible] Vanilla Mousse [illegible] when it [illegible] about an hour [illegible] without stirring until proper consistency to serve.

HONEY MILK MOUSSE

[illegible] gelatin ½ cup sugar
[illegible] water [illegible] honey
[illegible] milk [illegible]

Soak gelatin in cold water. [illegible] milk with sugar, honey and salt. Add the [illegible] Turn into bowl and beat with egg-beater. Return to tray and freeze until again partially frozen. Turn out a second time and beat. Return to Super-freezer until firm, and serve with fresh or canned strawberries.

YELLOW PARFAIT

[illegible] sugar Few grains salt
[illegible] water [illegible] teaspoons vanilla
4 egg yolks [illegible]

[illegible] sugar and water like syrup. Pour [illegible] beaten egg yolks. Cook [illegible] vanilla and [illegible] and freeze without stirring. Serve in [illegible] glasses and garnish with whipped cream, if desired.

CAFE PARFAIT

[illegible] Yellow Parfait [illegible] coffee for the one-fourth cup water and increasing sugar to [illegible] cup.

MAPLE PARFAIT

[illegible] one-half cup [illegible] the syrup, but heat it in a [illegible]

BUTTERSCOTCH PARFAIT

[illegible]

ANGEL PARFAIT EN SURPRISE

[illegible]

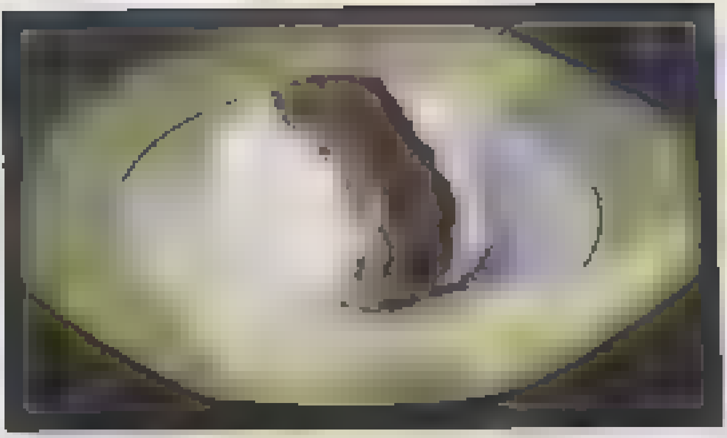
MAPLE FRANGO

[illegible] beaten until st[illegible]

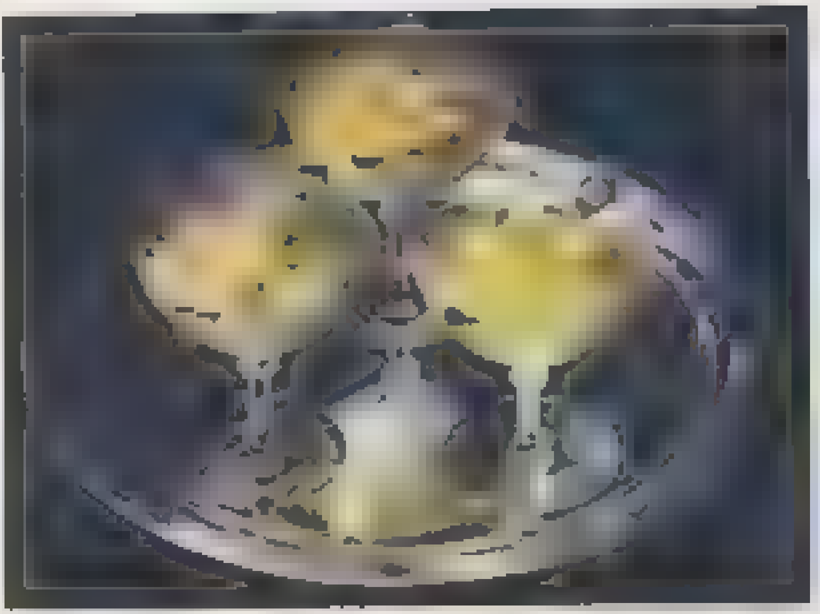
BISCUIT TORTONI

[illegible] cup dry macaroon crumbs

[illegible] cups in tray and place in Super[illegible]



◆ [illegible]



◆ [illegible]

Ice Cream

NEW YORK ICE CREAM

[illegible] milk [illegible]

[illegible]

Scald milk. Beat egg yolks, adding sugar and [illegible] hot milk and [illegible] custard [illegible] Pour into [illegible] Remove from [illegible] stirring [illegible]

COFFEE ICE CREAM

[illegible] recipe [illegible] ground coffee [illegible] through [illegible] of cheesecloth.

CHOCOLATE ICE CREAM

[illegible]

Melt [illegible] and add [illegible] Mix [illegible] sugar and [illegible] minutes, stirring [illegible] and [illegible] Fold in whipped cream and [illegible] proper consistency to serve.

CARAMEL ICE CREAM

[illegible]

Scald milk [illegible] sugar [illegible] becomes a [illegible] Stir until sugar is dissolved. [illegible] milk [illegible] and add [illegible] whipped cream [illegible] proper consistency to serve.

BURNT ALMOND ICE CREAM

[illegible] cup almonds [illegible] Spread [illegible] in a shallow pan and

[illegible]

PHILADELPHIA ICE CREAM

[illegible]

ICE CREAM SANDWICH

[illegible]

CHOCOLATE MERINGUE GLACE

[illegible] ice cream may be served in this way

PEACH MELBA

[illegible]

TUTTI-FRUTTI MARLOW

[illegible]

COFFEE MARLOW

[illegible]

BANANA MARLOW

[illegible] marshmallows [illegible] [illegible] cup boiling water

Melt the marshmallows in boiling water [illegible] without stirring.

Sherbets, Ices and Frappes

ORANGE CREAM SHERBET

[illegible] teaspoon gelatin [illegible] water [illegible] sugar [illegible] boiling water [illegible] oranges [illegible] juice [illegible] orange juice [illegible] pint (2 cups) cream or evaporated milk [illegible] cup [illegible] Few grains salt

Soak gelatin in [illegible] water [illegible] Serves 8.

BUTTERMILK SHERBET

2 cups buttermilk
½ cup sugar [illegible]

[illegible] freezing.

PINEAPPLE SHERBET

[illegible] cup sugar [illegible]

Soak gelatin [illegible] desired.

APRICOT SHERBET

1 teaspoon gelatin [illegible]
½ cup water [illegible]
[illegible]

Soak the gelatin [illegible] minutes. Add [illegible] apricot pulp and [illegible] Return to refrigerator [illegible]

LEMON ICE

[illegible]

Soak gelatin [illegible] Make a syrup [illegible] water [illegible] sugar [illegible] again [illegible] stiffly beaten white of one egg. [illegible]

CRANBERRY FRAPPÉ

[illegible]

Soak gelatin [illegible] cold water about five minutes. [illegible] about three cups.

Beverages

A [illegible] ginger ale and a [illegible] grape [illegible]

[illegible] lemonade. [illegible]

[illegible] water. [illegible]

[illegible] serve one or two cubes in any [illegible]

[illegible] delicious.

SUGAR SYRUP

[illegible]

[illegible]

[illegible]

COFFEE SYRUP

Follow directions [illegible] sugar [illegible] strong coffee instead of water and [illegible] minutes [illegible] instead of [illegible]

CHOCOLATE SYRUP

[illegible]

Cook [illegible] water [illegible] heat [illegible] Add sugar and salt [illegible] add vanilla [illegible] refrigerator [illegible] tightly. Keeping air-tight prevents sugaring.

LEMONADE

[illegible]

Mix water [illegible] lemon juice [illegible] grape juice [illegible] in each glass.

GINGER ALE FLOAT

Fill each [illegible] glass [illegible] ginger ale and add [illegible] pineapple sherbet [illegible]

PINEAPPLE RASPBERRYADE

[illegible]

Mix all [illegible] together and keep in refrigerator [illegible] Serve in tall glasses with ginger ale cubes and [illegible] mint leaves.

GRAPE LEMONADE

[illegible]

Mix grape juice and lemon [illegible] filled with [illegible]

FRUIT PUNCH

[illegible]

Mix fruit juices and tea [illegible] Cubes and [illegible] serving add ginger ale [illegible] Serve with [illegible] in each glass.

ICED TEA

[illegible]

[illegible] add sugar [illegible]

VANILLA MILK SHAKE

1 [illegible] milk
1 teaspoon sugar or sugar syrup [illegible] cream

Shake all ingredients [illegible] shaker [illegible] thoroughly [illegible] and [illegible] Serve immediately.

CHOCOLATE MILK SHAKE

[illegible] cup milk
[illegible]

Shake together [illegible]

EGG-NOG

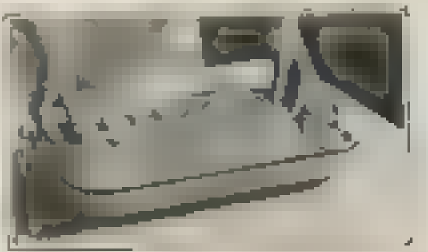
1 egg [illegible]
1 cup milk [illegible]

Beat the egg [illegible] and [illegible] Add milk and shake [illegible] glasses and sprinkle [illegible] nutmeg.

FROSTED COFFEE

[illegible] milk

Put [illegible] milk and [illegible] is preferred.)



REMOVING ICE CUBES

The simplest, most economical way of removing ice cubes [illegible] follows:

Fill a large deep tray with ordinary tap water. Partly immerse the complete tray [illegible] water for about thirty seconds. [illegible] the tray and ice [illegible] ease from the divider with no trouble.

To remove ice cubes from the new Du Flex Rubber Tray, just bend the tray as shown in the photograph at the right.

Hostess Suggestions

HERE we have included recipes which did not seem to fit into any other section and yet are necessary to make our [illegible] [illegible] the greatest help [illegible]. Here are cookies and pastries [illegible] which may be prepared at your convenience and placed in the refrigerator until you are ready to bake them.

The frosting recipe is a decided boon; you can keep it in a tightly covered jar [illegible] frosting sugar. With it you can transform a plain bakery cake into a delicious "home-made" affair in no time.

REFRIGERATOR FROSTING

[illegible]

[illegible] cup and water [illegible] until syrup forms a thin [illegible] the beaten egg whites [illegible] Add [illegible] spread on cake [illegible] stiff add a few drops of hot water [illegible]

REFRIGERATOR COOKIES

[illegible]

PASTRY

[illegible] and fold [illegible] Dot again [illegible] dish [illegible] pie. If small [illegible] size.

CHEESE STRAWS

[illegible] cheese [illegible] in strips [illegible] light brown.

TEA PASTRIES

[illegible]

ENVELOPE TARTS

[illegible]

BAKING POWDER BISCUIT

[illegible]

[illegible] in greased pan. Cover pan with waxed paper. Place in refrigerator [illegible] ready to bake [illegible] minutes. [illegible]

CHEESE BISCUIT

Follow recipe for Baking Powder Biscuit, mixing [illegible] grated cheese with [illegible] salt and [illegible]

SCONES

[illegible]

Mix and sift [illegible] baking powder, salt and sugar. [illegible] Add [illegible] well [illegible] eggs [illegible] milk. [illegible]

WAFFLES

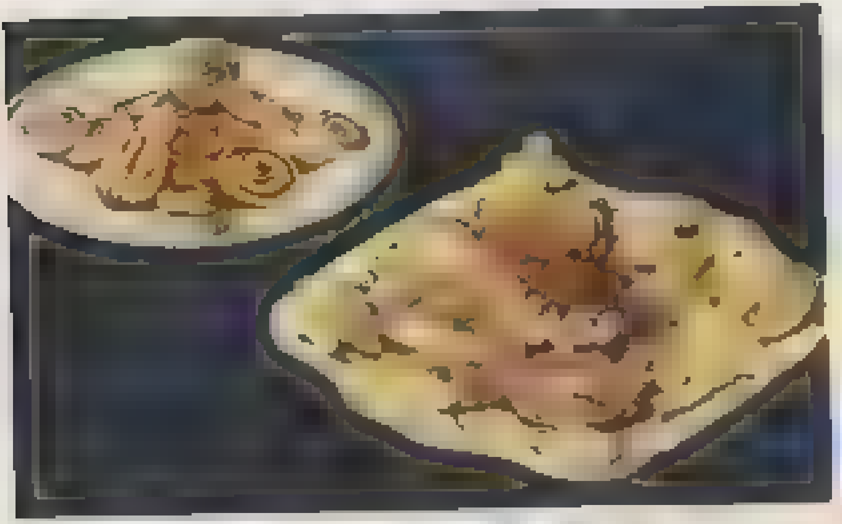
[illegible]

Mix and sift flour, baking powder, salt and sugar. Beat eggs [illegible] milk [illegible] egg whites [illegible] Add melted [illegible]

REFRIGERATOR ROLLS

[illegible]

[illegible]



[illegible]

Sandwich Suggestions

Sandwich [illegible]

THERE is an [illegible] in [illegible] sandwich making [illegible] General Electric Refrigerator. Many of the [illegible] are popular with [illegible] and friends may be prepared [illegible] as [illegible] kept in [illegible] the Cabinet. [illegible] will keep for a week or more at [illegible] constant cold temperature. With these and some lettuce or other salad green kept fresh [illegible] vegetable [illegible] variety to quickly prepared sandwiches [illegible] endless.

It is more convenient to make [illegible] sandwiches for parties a few hours ahead [illegible] them on a tray [illegible] cover with a cloth wrung out [illegible] water and place in the Cabinet. The Surprise Sandwich Loaf [illegible] recipe is given on page [illegible] may be prepared a day [illegible] before [illegible]. It must be carefully covered with waxed paper [illegible] cheese [illegible] become dry.

Bread [illegible] may be placed [illegible] Cabinet [illegible] hours [illegible] making [illegible] makes [illegible] easier.

TWENTY SUGGESTIONS FOR SANDWICH FILLINGS

Grated [illegible] mixed with [illegible] mayonnaise dressing [illegible].

[illegible] and [illegible] [illegible] the [illegible] preparation with [illegible] dressing [illegible].

[illegible] cheese and [illegible] (Mix [illegible] through [illegible] with [illegible] and [illegible].)

Cream cheese, chopped [illegible] and mayonnaise.

Baked bean and [illegible] with [illegible] sauce. Add chopped pickle [illegible].

Chopped [illegible] with [illegible] mayonnaise dressing to moisten.

Chopped [illegible] and [illegible] with [illegible] dressing to moisten.

Chopped ham, hard-cooked egg and pickle [illegible] with cooked or mayonnaise dressing.

Chopped [illegible] egg [illegible] mayonnaise dressing.

Hard-cooked egg and [illegible] Mix with cooked or mayonnaise dressing to moisten.

Beef [illegible] with [illegible] dressing.

Peanut butter and [illegible] mayonnaise.

Peanut butter and [illegible] with [illegible].

Shrimp, pineapple [illegible] and [illegible] and celery. Mix with dressing [illegible].

Anchovy butter [illegible] and [illegible] anchovy paste [illegible].

[illegible] and chopped watercress [illegible] creamed butter.

Chopped ginger and hard-cooked eggs. (Chop ginger and egg and mix with mayonnaise dressing to moisten.)

Tongue, chopped cabbage [illegible] and mayonnaise. [illegible] chopped tongue [illegible] dressing [illegible].

Cheese, egg, sardine and mayonnaise dressing.

[illegible] and [illegible] chopped [illegible] hard-cooked egg. [illegible] with mayonnaise [illegible] dressing.)

What to do with Leftovers

[illegible]
Carrot and
Spinach

MEAT, FOWL, FISH

Beef

Meat Pie
Escalloped Meat and Rice
Stuffed Peppers*
[illegible]

Ham

Baked Macaroni and Ham*
Ham Soufflé
[illegible] Mousse
Stuffed Peppers*

Lamb

Lamb Stew
Meat Pie*
[illegible] Croquettes
[illegible] and Rice

Veal

Veal Pie
Stuffed Peppers
[illegible]
[illegible]

Chicken or Fowl

Chicken à la King
Creamed Chicken
Molded Chicken Salad*
Stuffed Tomato Salad*

Fish [illegible]

Fish Croquettes
Fish and [illegible] Tomatoes
Escalloped Fish
[illegible] Salad

VEGETABLES

[illegible]

[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]

[illegible]
[illegible]

[illegible]

[illegible]
[illegible]

[illegible]

[illegible]
[illegible] Meat and Pork*
Spanish Rice

[illegible] and Egg
Creamed [illegible] Sauce

[illegible]

[illegible] Peas
[illegible]

[illegible]

[illegible]

[illegible]
[illegible] Sauce

[illegible]

[illegible]
[illegible]

[illegible]

Creamed Cabbage
[illegible] Gratin

[illegible]

DESSERTS

[illegible]

[illegible]
Sponge Cake with [illegible] Sauce
[illegible] Custard
[illegible]

COOKED FRUIT

Apple Sauce

Apple [illegible]
Apple [illegible]

Stewed Fruits

Prune Whip
[illegible] Cream

Baked Apples

[illegible]
[illegible]
[illegible]

Helpful Hints

To obtain [illegible] General Electric Refrigerator, note the following:

[illegible] measuring cups are used in all recipes.

All recipes [illegible] (unless otherwise directed).

Follow [illegible] recipes as they are given [illegible]. Each recipe has been tested [illegible] Refrigerator.

[illegible] described on Page 8.

[illegible] contact with *Super-freezer*.

[illegible] is essential for perfect refrigeration.

Remove [illegible]

[illegible]

Raw [illegible]

[illegible] should be [illegible] containers (see Page 49).

[illegible]

Keep [illegible] of the refrigerator (Page 17).

[illegible]

[illegible]

[illegible] remove the trays.

Sliding Shelves

Sliding shelves—an [illegible] General Electric development for a [illegible] now add [illegible] the [illegible] storage space [illegible]—make it possible [illegible] of every inch of General Electric's roomy interior.

No longer is it necessary to remove three or four [illegible] to get at the one on the back of the refrigerator. It is a gentle [illegible] and for [illegible] the shelf slides forward easily, bringing [illegible] in plain sight and within ready reach [illegible] storage space [illegible] available. The safety catch prevents [illegible]—the [illegible] guard rail keeps dishes from sliding forward or backward.

[illegible] even distribution of weight [illegible] even [illegible] the dishes are placed on one side [illegible] cannot disturb the perfect balance [illegible] the sliding shelf. Ingenious supports keep the [illegible] in a level horizontal position whether [illegible] is in or out [illegible] without sag or strain.

YOUR
General Electric Refrigerator
AND HOW TO CARE FOR IT

THE care of your General Electric Refrigerator is so very simple that [illegible] necessary [illegible] only three things: [illegible] keep the food cabinet clean [illegible] [illegible] use the Super Freezer [illegible]

HOW TO CLEAN REFRIGERATOR

[illegible]

[illegible]

[illegible]

[illegible]

Wipe fruit and wash vegetables.

[illegible]

[illegible]

[illegible]

Wash outside of refrigerator with warm water and [illegible]

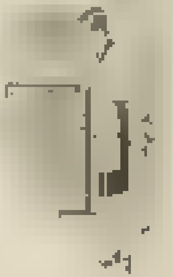
HOW TO ARRANGE FOOD COMPARTMENT

[illegible] the [illegible] air which is necessary [illegible] proper refrigeration [illegible] keeping [illegible] refrigerator where [illegible] Save precious space for perishables and [illegible] you are preparing for the day's meals.

[illegible] refrigerator. As [illegible] cold air [illegible] the food [illegible] which [illegible] drying up water and other moisture. [illegible] water are taken up [illegible] this way [illegible] wrapped in waxed paper [illegible] because [illegible] these [illegible] keep [illegible] not lose moisture.

DEFROSTING

Frost forms on the Super [illegible] from the moisture deposited by the [illegible] as [illegible] throughout the refrigerator. The amount of frost formed will vary with the quantity of moisture in the air. When this frost covering is about one-quarter of an inch thick it should be melted off. This is called "defrosting." How often this will be necessary depends upon how the refrigerator is used.



DEFROSTING METHOD

Turn switch "off."

Remove ice cubes from trays.

Fill ice trays with hot water and place in Super Freezer.

At the end of forty minutes (or more depending upon the size of your refrigerator) if Super Freezer is not defrosted, empty water and refill trays with hot water, returning again to Super [illegible]. In ten or fifteen minutes the [illegible] should be defrosted.

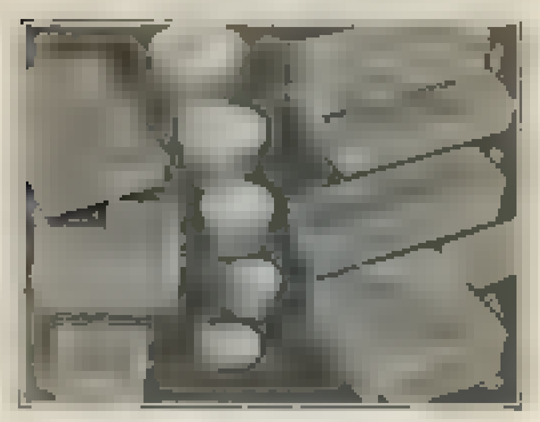
Then empty water and [illegible] thoroughly.

Wipe Super [illegible] both inside and out.

Refill ice trays with cold water.

Turn switch "on."

Refrigerator Accessories



[illegible]
and
Refrigerator
Dishes

THE VEGETABLE PAN

A white enameled container with a tight fitting, hinged cover. It provides a most satisfactory storage place for the preservation of vegetables, such as carrots, beets, beans, cabbage, lettuce and other greens. It may also be used for fruits, or a second pan provided for this purpose. They may be purchased from your General Electric Dealer.

GLASS REFRIGERATOR DISHES

Square or oblong glass dishes are most convenient for keeping food in the Cabinet. They may be obtained either as single containers or in sets as shown in the photograph. These glass dishes may be used in the oven as well as in the refrigerator, which makes some of them convenient in the preparation of [illegible] to be [illegible] and served in.

SANITARY REFRIGERATOR BOWLS

Vegetable Pan

Are attractive, compact and useful. They are made with flat lids, making them easy to stack in the refrigerator. They may be used for mixing and serving as well as for keeping left-overs. These bowls in assorted sizes, in rose, green as well as clear glass dishes, may be purchased from your General Electric Dealer.

RUBBER TRAYS

Rubber trays made to fit the ice trays of your refrigerator have certain convenient features. Although it takes longer to freeze ice cubes in these trays, the ice will remain frozen longer when removed to the table than it would if the cubes were frozen in the trays without the rubber trays. It is also easier to remove the ice when only a few cubes are needed, because of the flexibility of the rubber.

WATER BOTTLES

[illegible]

Your General Electric Refrigerator can keep you supplied with pure, cold drinking water. Water bottles especially designed to fit alongside the Super-freezer use a minimum of space. Your General Electric Dealer can supply you with these at nominal cost.

General Electric Company

AN ORGANIZATION

By JOHN B. KENNEDY, Associate Editor of Collier's

B[illegible]

[illegible]

[illegible]

[illegible] fifteen years.

[illegible]

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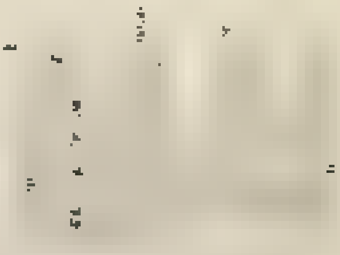
[illegible]



[illegible]

[illegible]

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3-Year Guarantee

THE 3-Year Guarantee on the peerless General Electric Refrigerator is a fitting climax to a spotless performance record in over a million homes. The carefree operation of the General Electric Refrigerator has proved its right to this ironclad warranty which protects the investment of every purchaser.

First Edition
Form [illegible]

Printed in U.S.A.